

Life Building and Successful Living - A Brief Outline

Volume - 4

(The contents of this booklet have been taken out from the newly prepared Text Book titled "Life Building Science" on a newly conceived and designed subject of "Value Education for Life Building and Successful Living" for study by our modern students)

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This booklet is meant for free distribution amongst our dear modern students, with a fervent prayer to them to kindly study the booklet earnestly and meticulously, put the knowledge gained from the teachings contained in the book into practice in their day-to-day lives sincerely and diligently, and thereby, derive immense benefits for themselves throughout their lives. This is in their own interest and for their highest welfare and supreme good.

They are also requested to kindly bring this booklet to the knowledge of maximum number of their classmates and friends so that they also can derive similar benefits for themselves.

Views of Students; Teachers and Professors; School, College and University Authorities; Educationists and Academicians; Parents and Guardians and all other Readers, on this booklet are humbly and earnestly invited in the following address:-

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PRAYERS

धीयो यो नः प्रचोदयात्

May That Supreme Being impel our intellect
towards the right path.

असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ॥

Lead us from unreal unto Real,
Lead us from darkness unto Light,
Lead us from death unto Immortality.

आ नो भद्राः क्रतवो यन्तु विश्वतः

Let noble thoughts come to us from all sides.

सा विद्या या विमुक्तये

Knowledge is that which liberates.

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत ।

Arise ! Awake ! Having reached the
great (teacher), learn (realise that Atman).

अज्ञानतिमिरान्धस्य ज्ञानाञ्जनशलाकया ।
चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥

I prostrate to that Sadguru, Who opens, with the
Collyrium-stick of Knowledge, the eyes of him who
is rendered blind by the darkness of ignorance.

ॐ सह नाववतु । सह नौ भुनक्तु ।
सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै ॥
ॐ शान्तिः शान्तिः शान्तिः ।

May He (The Supreme Being) protect us both (the teacher
and the taught). May He cause us both to enjoy the bliss of
Mukti (liberation). May we both exert to find out the true
meaning of the scriptures. May our studies be fruitful.

May we never quarrel with each other.

वसुधैव कुटुम्बकम्

The whole universe is one family.

ॐ सर्वेषां स्वस्ति भवतु । सर्वेषां शान्तिर्भवतु ।

सर्वेषां पुर्णं भवतु । सर्वेषां मङ्गलं भवतु ॥

May asupiciousness be unto all,

May peace be unto all,

May fullness be unto all,

May prosperity be unto all.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभागभवेत् ॥

May all be happy,

May all be free from disabilities,

May all behold what is auspiciousness,

May none suffer from sorrows.

लोका समस्ता सुखिनो भवन्तु ।

May Happiness be unto all Beings.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पुर्णमेवावशिष्यते ॥

Om ! That (Brahman) is full. This (Universe) is Full.

From That (Brahman) Full, this (Universe) Full has come.

When this (Universe) full is taken from That (Brahman) full,

It (Brahman) always remains Full.

Peace be to the East ! Peace be to the West !

Peace be to the North ! Peace be to the South !

Peace be above ! Peace be below !

Peace be to all creatures of this universe !!

ॐ शान्तिः शान्तिः शान्तिः ।

Om ! Peace, Peace, Peace.

Life Building Science

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Introductory Write-up No. 3

Life Building and Successful Living — A Brief Outline

It is stated in our ancient Spiritual Scriptures and also said by our *Rishis, Munis, Saints and Sages* that human life upon this earth plane is very rare and precious. They also say that the Creator, the Almighty Supreme Lord, has gifted this rare and precious human birth to human beings in order to achieve a higher purpose of human life, that too, in their present birth itself. Therefore, human beings need to decide the right goals of their rare and precious life so that they can make endeavours to achieve that higher purpose in their present human birth itself, in addition to achieving the ordinary purpose of human life. In the absence of goals in their life, they will live their life upon the earth plane aimlessly like a rudderless boat sailing hither and thither in the vast, turbulent and dark sea. Consequently, their rare and precious human life will be wasted and lived in vain. Therefore, human beings need to decide the right goals of their rare and precious life, that too at the very outset of their life, i.e. during their student life and youth period.

After deciding the right goals of rare and precious human life, human beings need to build their life rightly during their student life and youth period, the right period of their life, so that they can make endeavours to achieve the aforesaid higher goal, in addition to the ordinary goal, easily and smoothly in their present human birth itself. Thereby, they can live their rare and precious human life ideally and successfully. What is that right period ?

Student life and youth period is the first part of rare and precious human life and is very valuable. This period of, say, 25 years, is the formative stage in the life of human beings. This period is the right period for human beings to build their rare and

precious human life. Therefore, this period is the golden period of their life. During this golden period, students need to build their rare and precious human life rightly by laying its foundation properly and strongly; and by constructing its superstructure upon the same completely, properly, strongly and nicely. Thereby, they can live their rare and precious life upon the earth plane ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully.

Building of rare and precious human life rightly by laying its foundation properly and strongly and by constructing its superstructure completely, properly, strongly and nicely can be well-understood with the analogy of a house building.

The foundation of a house-building is laid generally with four concrete foundation pillars made with iron rod, stone, chips, sand, cement and water. Thereby, the foundation of the house-building becomes proper and strong, and upon such a well-laid foundation, the superstructure of the house-building can be constructed completely, properly, strongly and nicely. Similarly, the foundation of human life needs to be laid with four foundation pillars, viz. good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy. Thereby, the foundation of human life becomes proper and strong, and upon such a well-laid foundation, the superstructure of the human life can be constructed completely, properly, strongly and nicely.

The superstructure of a house building is constructed with four essential facilities, viz. bath room, kitchen, bed room and *puja* room or prayer room. With these facilities, the superstructure of a house-building becomes complete, proper, strong and nice. Similarly, the superstructure of human life is constructed with achievement of four grand goals of ideal human life, viz. adherence to righteousness or *dharma*, achievement of economic prosperity or *artha*, fulfillment of vital

worldly desires or *kama* and attainment of spiritual illumination for liberation of soul from the cycle of births and deaths or *moksha*. These four grand goals are called ethical value, economic value, vital value and spiritual value. These are the four grand goals according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. These four grand goals have been prescribed in our ancient Spiritual Scriptures with a view that living of precious human life upon the earth plane becomes ideal, complete, successful, purposeful, prosperous, happy and peaceful. With achievement of these four grand goals, the superstructure of precious human life becomes complete, proper, strong and nice.

If a house building is built rightly in the above manner, i.e. if the foundation of the house building is laid properly and strongly; and if the superstructure of the house building is constructed thereupon completely, properly, strongly and nicely, human beings can live their entire future life in that building smoothly, comfortably, happily and peacefully. Similarly, during the golden student life and youth period, the first part of human life, if human beings build their rare and precious life rightly in the manner stated above, i.e. if they lay the foundation of their life properly and strongly; and if they construct the superstructure of their future life upon the same completely, properly, strongly and nicely, they can live the remaining three parts of their rare and precious human life, which is a long period of their life of, say, 75 years, ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully. In other words, they can live their rare and precious human life successfully, completely, purposefully, prosperously, happily and peacefully. Thus, the rare and precious human life upon the earth plane can be said to be lived ideally.

This is a brief outline of the subject of "Life Building and Successful Living", or, in short, "Life Building Science". We will

discuss brief details on various topics of this subject in our subsequent write-ups.

Students need to acquire knowledge on the subject of "Life Building and Successful Living", or, in short, "Life Building Science", apart from acquiring knowledge on various secular subjects, in their schools, colleges and universities through "Life-building, Character-building and Man-making Education". Such education comprises teachings mainly on moral values, ethical values, religious values and spiritual values and therefore, such education is also called "Value Education" in the modern time. Acquiring knowledge about this subject by students during their golden student life and youth period is vitally necessary, most important and most worthwhile. After acquiring such knowledge, they can practise the knowledge so gained in their daily life and build their rare and precious life rightly, i.e. completely, properly, strongly and nicely. Thereby, they can live their rare and precious human life ideally and successfully i.e. economically and materially prosperously as well as spiritually happily and peacefully.

What is "Life-building, Character-building and Man-making Education" or "Value Education" ? We will discuss the same in the next write-up.

Questions

1. Why has the Creator, the Almighty Supreme Lord, gifted the rare and precious human birth to human beings ? (Marks -5)
2. Why it is necessary for human beings to decide the goals of their rare and precious life ? In the absence of goals in their life, how will human beings live their rare and precious life upon the earth plane ? (Marks - 5)
3. What are the right goals of rare and precious human life as stated in our ancient Spiritual Scriptures and as said by our Saints and Sages; and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti* ? (Marks-5)

4. Why is student life and youth period the right period to build human life ? (Marks - 5)
5. What do students need to do during their student life and youth period regarding their lives, how should they do and why should they do the same ? (Marks - 5)
6. How do students need to lay the foundation of their rare and precious lives ? Please explain the same with the analogy of a house-building. (Marks - 5)
7. How do students need to build the superstructure of their rare and precious lives ? Please explain the same with the analogy of a house-building. (Marks - 5)
8. Please explain the benefits of building the rare and precious human life rightly with the analogy of a house-building.
(Marks - 5)
9. Through what kind of education, students can acquire knowledge on the subject of "Life Building and Successful Living" in their schools, colleges and universities?
(Marks - 5)

Dear Modern Students !

You can study the soft copy of other write-ups and all other lessons on the subject of "Life-building, Character-building and Man-making Education", which are contained in the newly conceived, designed and prepared Text Book titled "Life Building Science", in the Internet Archive.

You can do so by accessing internet through any browser, logging in <archive.org>, clicking - <Advance Search> (A box of fields will appear on the screen), typing <Mohan Lal Agrawal> in the field "Creator" and clicking <Search>. The above books in PDF format will be displayed.

NOTE

List of Complete Publications and Videos of the Author

A. Publications

Students related publications

1. Youth ! Arise, Awake and Adopt the Right Path of Life (16 volumes)
2. Value Education for Life building and Successful Living
3. Life Building Science (Text Book)
4. Valedictory Address to Modern Students
5. Students' Awareness Programme
6. Noble Character, Ethical Conduct and Celibacy

Teachers related publications

1. Teaching Profession - Its True Dimensions
2. Teachers' Orientation Programme

Other publications

1. God's Unique Gifts to Modern Mankind - Swami Sivananda and Sivananda Literature (02 volumes)
2. Lead us from darkness unto Light (02 volumes)

The soft copies of all the above books are available in the "Internet Archive" and can be searched / accessed as under:-

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- Click - <Advance Search>. A box of fields will appear on the screen
- Type <Mohan Lal Agrawal> in the field "Creator"
- Click <Search>. The above books will be displayed.

B. Videos

Students, as well as Teachers, Parents and Guardians can watch one 04 Days Students' Awareness Programmes on "Value Education for Life Building and Successful Living", with

one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).

Students, as well as Teachers, Parents and Guardians can watch the Certificate Course on "Life Building and Successful Living", with one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Life Building Science>, (Link:-https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA); and also in the aforesaid Internet Archive.

In case one "01 Day Students' Awareness Programme", with the write-ups of the book titled “Students’ Awareness Programme”, is organised in future in some school, our revered Students and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "ODSAP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).

In case one "01 Day Teachers' Orientation Programme", with the write-ups of the book titled "Teachers' Orientation Programme", is organised in future in some school, our revered Teachers and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "TOP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).